

### SALT-FREE OLD BAY SEASONING MIX

- 1/2 teaspoon salt-free garlic powder
- 1 tablespoon celery seed
- 1 tablespoon black peppercorn
- 2 bay leaves
- 1/4 teaspoon ground cardamom
- 1/2 teaspoon mustard seed (brown or yellow)
- 2 whole cloves
- 1 teaspoon smoked paprika
- 1/4 teaspoon mace

### Directions

Put all the spices into a spice grinder, coffee grinder, or small food processor and blend. Blend. Blend.



Recipe Courtesy of Sodium Girl: <http://www.sodiumgirl.com/about-2/>